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State of California

DWCNewsline

Division of Workers' Compensation
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Internet Web Page: <http://www.dir.ca.gov>

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State Division of Workers' Compensation to hold free Spanish-language seminar tonight in Stockton

Cal/OSHA will also advise employees about preventing heat illness

The California Division of Workers' Compensation (DWC) will conduct a free Spanish-language seminar on workers' compensation benefits and laws for employees in Stockton this evening, from 6-7 p.m. at [El Concillo's](#) main office on California Street. A representative from Cal/OSHA will also be present to educate employees on preventing heat illness.

"During the summer months we team up with Cal/OSHA to help educate employees," said DWC Administrative Director Carrie Nevans. "This outreach is vital in the effort to help prevent injuries and illnesses, especially now when temperatures are soaring."

The seminar is open to all employees and will be held:

Tuesday, July 8, 2008

6-7 p.m.

El Concilio Para Los Hispanos-Hablantes

308 N. California Street

Stockton, CA 95202

At the seminar employees will learn about their right to medical treatment, disability payments, returning to work after an injury and resolving a disagreement over a claim. They will also get advice from Cal/OSHA about how to prevent heat related illness and their rights under Cal/OSHA's heat illness rules. The program consists of a presentation followed by a question and answer session.

"Raising awareness is an important key in preventing heat illness," said Cal/OSHA Chief Len Welsh. "In California, employers must provide training for employees and supervisors so they understand how to protect themselves and each other."

Cal/OSHA's rules require employers to take four basic steps to prevent heat illness:

- Train all employees about the dangers and prevention
- Provide enough fresh water so that each employee can drink at least one quart per hour and encourage them to do so

- Provide access to shade for at least five minutes of rest when an employee believes he or she needs a preventative recovery period
- Develop and implement written procedures for complying with the heat illness prevention standard.

More information on preventing heat illness is available on the Web at <http://www.dir.ca.gov/DOSH/HeatIllnessInfo.html>.

The DWC also conducts English-language seminars for injured workers on a monthly basis at each of its 24 local offices. A listing of workshop days, times and locations in English and Spanish can be found on the DWC's Web site at www.dwc.ca.gov. Click on the link in the left navigation window under "I want to" that says, "Know my rights." Injured workers can also call 1-800-736-7401 to find the workshop near them and hear other recorded information. To go directly to workshop locations in English, callers should press 7, then 7 again, then 1 after dialing the 800 number. Spanish-speaking workers may call 1-800-736-7401 and press 2 for details.

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